# Clothing Repair

# General Materials

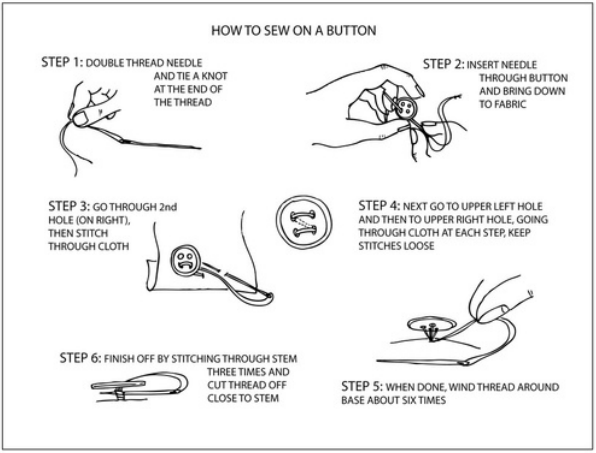
- Needle
- Non-shiny Thread*
- Sewing Machine (optional)
- Scrap Material

*We recommend using Gütermann Thread, not Embroidery Thread

# Repairs Covered

- Sewing on a Button
- Darning a Sock
- Repairing Holes in Jeans
- Sewing a hem
    - Blind hem (by hand)
    - Double-fold (by machine)

# Sewing on a Button



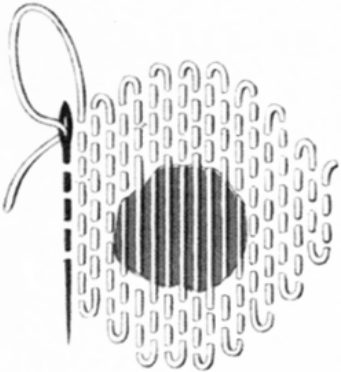

- Double thread needle and tie a knot at the end of the thread
- Insert needle through button and bring down to fabric
- Go through hole on the right then stitch through cloth
- Go to upper left hole and then to upper right, going through the cloth at each step, keep stitches loose
- When finished, wind thread around base about six times
- Finish off by stitching through the stem 3 times and cut thread close to stem

# Darning a Sock

You can think of darning as weaving!

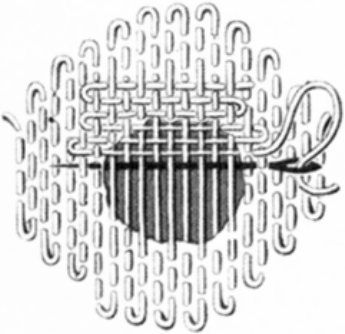
## DARNING A HOLE

First clear the loops of fluff and broken ends of threads from knitted garments or clip away ragged edges from machine knit fabrics. Always use a darning ball under large holes.



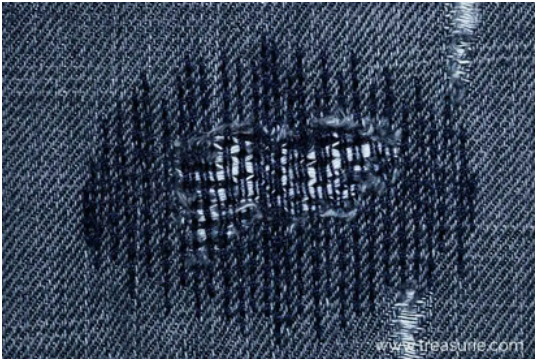
1. Make the darn the shape of the hole.
2. Darn up and down the hole first ; work on the wrong side.
3. Choose mending as fine as the material of the garment.
4. Begin a good distance away from the hole in order to reinforce the thin parts round the hole.
5. Space the rows of darning the width of a strand of mending apart.
6. Pick up the backs of the loops only unless the material is very fine.
7. Leave loops at the ends of each row and darn so that stitches alternate with spaces between stitches in the previous rows.
8. Pick *up* the edge of the hole in one row then go *over* the edge of the hole in the next row. If you have cleared the edges of the hole you will find this will be easy and will make a neater mend on the right side of the garment.
9. Continue the darn over the thin place beyond the hole.

## Darning over the first rows of darning



1. Darn over the hole only and about two stitches of darning beyond.
2. Leave loops at the ends of each row, and only pick up on the needle the darning stitches.
3. Pick up the alternate strands of mending in first row.
4. In alternate rows, pick up the strands of mending you passed over in the previous row.

# Repair Holes in Jeans

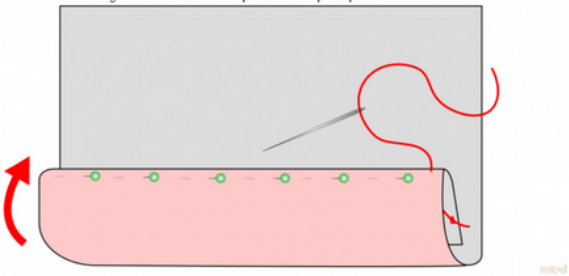


# Repair Holes in Jeans

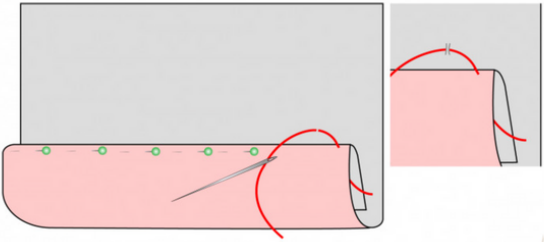
- Trim the frayed edges of the hole
- Turn the jeans inside out. Take a scrap piece of denim that matches the wash and place it face down over the hole
- Use a basting stitch (long stitch length, don't backstitch at the beginning or end) to hold patch in place
- Flip the jeans so the right side is facing out, change the thread color of the sewing machine to match the jeans and use a straight stitch to go back and forth to mimic the threads of the jeans.
- Remove the basting stitch carefully once you have finished

# Blind Hem (By Hand)

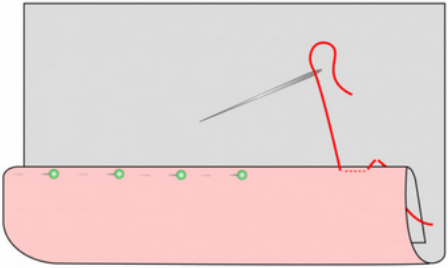
STEP THREE: Insert needle with thread into the hem of your garment (upwards into the fold to hide your knot) while folding the hem over twice for a clean finished look. Use pins to keep in place!



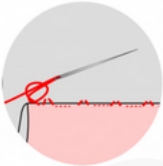
STEP FOUR: Take a piece of thread from the wrong side, typically 1-2 threads should be enough, and pull towards you to tighten the thread.



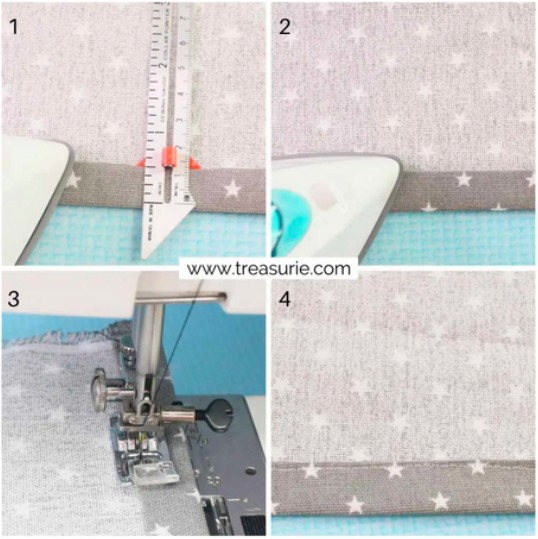
STEP FIVE: Reinsert the needle into the fold, and push the needle out once more from the fold! Your stitch pattern should begin to look like upside down "V's".



STEP SIX: Repeat steps 4-5 until you reach the end of your hem, where you would like to stop. In order to hide you knot, tie your thread into the loop of your last stitch.



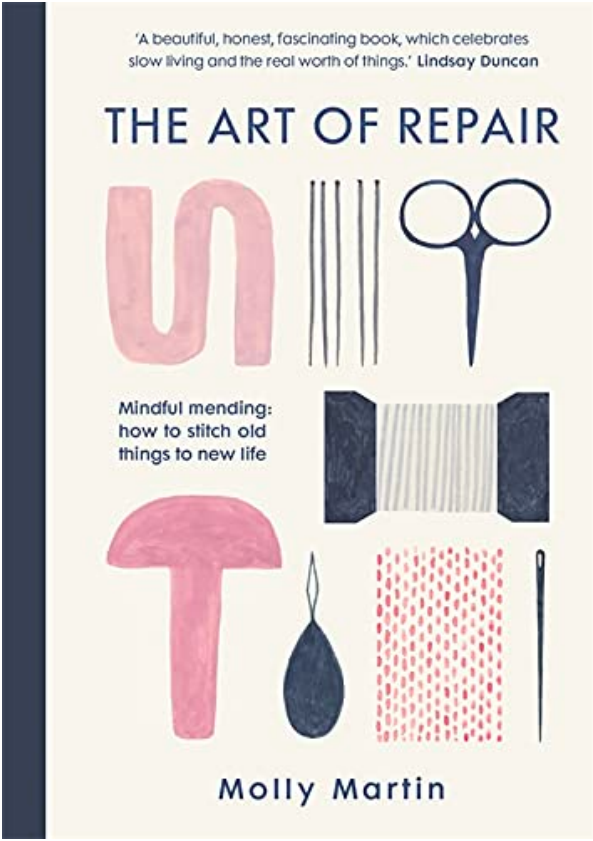
# Double-Fold Hem (by Machine)




- Flip fabric so the wrong side is facing up
- Make the first fold and press with an iron, you can either press equally or unequally depending on preference
- Make second fold and press with iron
- Sew using a straight stitch along the top of the fold (as seen above)

# Resources for Repairing

- Mood Fabrics Blog (beginner sewing) has a lot of tutorials on hand and machine sewing.
- *The Art of Repair: Mindful Mending, how to stitch old things to new life* by Molly Martin


'A beautiful, honest, fascinating book, which celebrates slow living and the real worth of things.' Lindsay Duncan
THE ART OF REPAIR
Mindful mending: how to stitch old things to new life
Molly Martin

# Spring 2023 Workshop Series

Design Center

BARNARD COLLEGE